

fuelling healthy futures™



mac'n cheese

the real food promise

real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites
- whole grains used throughout the menu



wild Skipjack tuna & Canadian salmon, sustainably-sourced & MSC-certified

proudly from Ontario:



organic or raised without antibiotics poultry, pasture-raised beef without added hormones or routine antibiotics*
*some exceptions may apply to accommodate religious needs



dairy products & organic tofu



local fruits & veggies prioritized



- ingredients sourced without GMOs
- committed to reducing the carbon footprint of our menus



globally & culturally inspired dishes

peanut & tree nut free

rfrk.com

| | monday | tuesday | wednesday | thursday | friday |
|----------|---|---|---|--|--|
| am snack | 4 apple brown rice cakes organic raspberry fruit spread | 5 orange raisin & seed oatie | 6 cinnamon granola inf: go bananas cereal milk | 7 pear inf: apple-mango-beet purée vanilla maple yogurt inf: plain yogurt | 8 go bananas cereal milk |
| lunch | chickpea chowder brown rice green beans inf: steamed green beans | provençal fish filet red pepper quiche quinoa green peas | trinidadian curry beef trinidadian curry tofu basmati rice sweet corn | chickpea crusted chicken meteorites falafel bites whole wheat wrap inf: multigrain pocket bun brocco-kale mix caesar dressing w/organic tofu inf: sweet pea-kale purée | vegetarian pasta bake cucumber |
| pm snack | mango sauce cucumber cracked wheat crackers dilly dip | banana cinco de mayo tortilla crisps inf/tod: cracked wheat crackers tomato salsa apple | pineapple pear inf: apple-mango-beet purée whole wheat raisin bread maple soft cheese | banana apple mini organic lemon cookies inf: mini-moon biscuit milk | apple baby carrots inf/tod: soft carrots organic crispbread crackers hummus |
| am snack | 11 whole grain squares milk | 12 orange brioche bite | 13 go bananas cereal milk | 14 super smoothie vanilla maple yogurt inf: plain yogurt blueberry purée banana | 15 apple cranberry-orange morning round |
| lunch | chick-a-noodle soup beany noodle soup onion bread green peas & carrots | black beans in salsa whole wheat wrap inf: multigrain pocket bun sour cream red cabbage & spinach salad apple cider vinaigrette inf: sweet potato-carrot purée | carrot & flax fish spinach quiche yellow rice coleslaw inf: blended coleslaw | beef bolognese lentil bolognese whole grain penne veggie rainbow inf: mini broccoli | mac'n cheese cucumber |
| pm snack | pear inf: apple-mango-beet purée melon apple pie snacking rounds | apple bell pepper inf: sweet potato-bell pepper purée cracked wheat crackers dill soft cheese | pineapple mini pizza frena bun marinara sauce shredded cheddar | orange apple apple beet loaf | banana baby carrots, broccoli & cauliflower inf/tod: roasted sweet potato brown rice cakes golden miso dip |

= herbivore protein inf/tod = infant/toddler substitute

milk and/or water are offered at meals and snacks

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lunch 1

may 2026 menu

| | monday | tuesday | wednesday | thursday | friday |
|----------|--|--|--|---|---|
| am snack | 18 Victoria Day kiwi whole wheat raisin bread sunbutter* | 19 kiwi whole wheat raisin bread sunbutter* | 20 go bananas cereal milk | 21 pear inf: applesauce whole wheat blueberry scone | 22 cinnamon granola inf: go bananas cereal milk |
| lunch | Victoria Day sunshine dahl basmati rice green peas & carrots pear inf: apple-mango-beet purée | chicken & wild rice stew lentil & mushroom stew quinoa bell pepper inf: sweet potato & bell pepper purée | chicken & wild rice stew lentil & mushroom stew quinoa bell pepper inf: sweet potato & bell pepper purée | masala fish chili chili bang bang whole wheat roll green beans inf: steamed green beans | vegetarian pasta bake brocco-kale mix maple samurai vinaigrette inf: sweet pea-kale purée |
| pm snack | egg wrap whole wheat wrap inf: multigrain pocket bun hard boiled egg picklickious spread | apple vanilla maple yogurt inf: plain yogurt | apple vanilla maple yogurt inf: plain yogurt | cucumber ginger-soy noodles w/edamame inf: ginger-soy noodles | apple whole wheat mini bagel red pepper hummus |
| am snack | 25 whole grain squares milk | 26 melon apple-cinnamon morning round | 27 go bananas cereal milk | 28 applesauce carrot muffin | 29 hard boiled egg brioche bite |
| lunch | sri lankan chicken white bean curry quinoa sweet corn orange | chili chili bang bang basmati rice shredded cheddar steamed carrots pear inf: apple-mango-beet purée | beef burger chickpea patty multigrain pita bun real food ketchup fruity carrot salad inf: blended fruity carrot salad | marinara organic turkey meatballs marinara falafel bites whole grain rotini red cabbage & spinach salad creamy parsley-lemon dressing inf: pumpkin-red lentil purée | tuna & salmon pasta bake tomato-lentil sauce w/chickpea spirals mini broccoli orange |
| pm snack | cucumber onion bread cream cheese | bell pepper inf: steamed green beans brown rice cakes spinach-organic tofu dip | yogurt parfait honey yogurt inf: plain yogurt cinnamon granola inf: mini-moon biscuit | apple pita crackers inf/tod: organic crispbread crackers beany basil dip | banana roll up whole wheat wrap inf: multigrain pocket bun cocoa hummus banana |

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*YMCA centres will receive cream cheese

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